

SHAKIRA & TOLA'S SIMPLE MOI MOI

PRE: 15 MINS COOK: 40 MINS

INGREDIENTS

- Banana leaves (foil container,
freezer bags, ramekins)
- 3 Cups peeled brown/black eyed
beans (washed)
- 2 Tablespoons oil
- 2 Bell peppers (roughly chopped)
- 1 Onion (roughly chopped)
- 2 Cloves garlic
- 1 Tin Mackerel In Brine (125G)
- 4 Eggs
- 2 Low salt stock cubes

METHOD

1. Blend the beans with peppers, onion, garlic together with a bit of water until smooth
2. Put the blended mix in bowl, add oil, egg and stock cubes (salt to taste) and whisk
3. Wash the leaves and remove their stalks (you can also use a different type of container to steam the Moi Moi)
4. Fold leaves into a pocket and put two spoonful's of blended mixture inside, add a bit of mackerel, fold to close
5. Put the stalks you removed from the leaves and some water into a pot, add the folded pockets, put on a lid and steam for at least 40 minutes (add more water when necessary)
6. Allow to cool and serve